



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 19029, Topping, SMUCKER'S MAGIC SHELL

Report Date: June 26, 2017 16:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	0.25	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Energy	kcal	609	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Energy	kJ	2548	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Protein	g	2.94	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Adjusted Protein	g	0.29	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Total lipid (fat)	g	44.10	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Ash	g	2.64	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Carbohydrate, by difference	g	50.07	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Fiber, total dietary	g	2.9	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Sugars, total	g	47.06	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Minerals													
Calcium, Ca	mg	0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Iron, Fe	mg	0.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Magnesium, Mg	mg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Phosphorus, P	mg	54	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Potassium, K	mg	73	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Sodium, Na	mg	29	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Zinc, Zn	mg	0.45	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Copper, Cu	mg	0.133	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Manganese, Mn	mg	0.148	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Selenium, Se	µg	1.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Fluoride, F	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Thiamin	mg	0.016	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.058	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Niacin	mg	0.105	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Pantothenic acid	mg	0.077	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin B-6	mg	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Folate, total	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Folate, food	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Folate, DFE	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Choline, total	mg	9.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Betaine	mg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin B-12	μg	0.08	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin A, RAE	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Retinol	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Carotene, beta	μg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Cryptoxanthin, beta	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin A, IU	IU	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Lycopene	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin E (alpha-tocopherol)	mg	9.85	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Tocopherol, beta	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Tocopherol, gamma	mg	0.17	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Tocopherol, delta	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Vitamin K (phylloquinone)	µg	1.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Lipids													
Fatty acids, total saturated	g	20.590	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
4:0	g	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
6:0	g	0.120	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
8:0	g	1.439	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
10:0	g	1.160	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
12:0	g	8.536	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
14:0	g	3.275	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	3.664	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
17:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
18:0	g	2.360	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
20:0	g	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
22:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Fatty acids, total monounsaturated	g	6.156	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
16:1 undifferentiated	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
17:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
18:1 undifferentiated	g	6.127	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Fatty acids, total polyunsaturated	g	15.094	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
18:2 undifferentiated	g	15.082	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
18:3 undifferentiated	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
20:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Fatty acids, total trans	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Cholesterol	mg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Phytosterols	mg	40	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Stigmasterol	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Campesterol	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Beta-sitosterol	mg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Amino Acids													
Tryptophan	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Threonine	g	0.108	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Isoleucine	g	0.143	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Leucine	g	0.230	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Lysine	g	0.180	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Methionine	g	0.044	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Cystine	g	0.035	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.147	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Tyrosine	g	0.113	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Valine	g	0.151	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Arginine	g	0.193	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Histidine	g	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Alanine	g	0.115	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Aspartic acid	g	0.309	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Glutamic acid	g	0.567	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Glycine	g	0.108	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Proline	g	0.191	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Serine	g	0.150	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Hydroxyproline	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Caffeine	mg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Theobromine	mg	46	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015